

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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5-carrot stick cups

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Cheese Burger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	100 bun		
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	100 Ounce		100018

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

SLE Components

Amount Per Serving

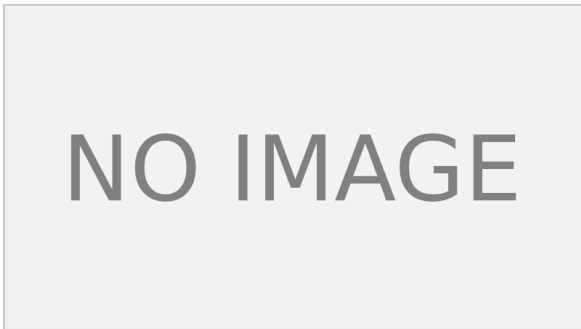
Meat	3.00
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Grain	2.00
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Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	440.00		
Fat	24.00g		
SaturatedFat	10.00g		
Trans Fat	1.00g		
Cholesterol	60.00mg		
Sodium	690.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	5.00g		
Protein	24.00g		
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.80mg

Hamburger



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 90-2.5Z GFS	100 Each	BAKE From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	100650
Hamburger Buns	100 bun		

Preparation Instructions

BAKE

From thawed state: sleeve pack preparation, put a few small holes in top of bag.

Place entire bag intact on sheet pan in preheated convection oven at 375 degrees f for 45 minutes.

Remove from oven and let stand 3 minutes before opening bag.

CCP: Heat to 155 degrees or higher.

CCP: Hold at 140 degrees or higher for service.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		330.00	
Fat		15.00g	
SaturatedFat		5.00g	
Trans Fat		1.00g	
Cholesterol		35.00mg	
Sodium		420.00mg	
Carbohydrates		33.00g	
Fiber		4.00g	
Sugar		4.00g	
Protein		19.00g	
Vitamin A	100.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	11.80mg

Taco Walking MTG



Servings:	10.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	10 Each	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first.	696871
Pork Taco Filling	1 1/4 Pound	STEAM Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches 155 degrees.	
Shredded Cheddar	5/8 Pound		
Salsa, Low-Sodium, Canned	7/10 Pound		100330
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	3/5 Quart		242489

Preparation Instructions

Directions:

WASH HANDS.

1. Follow above instructions for preparing taco filling

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 155°F, HELD FOR 15 SECONDS.

2. Crush individual bags of chips and open.

3. Add 3.17 oz of meat mixture, 1 oz of shredded cheese, 1/4 cup of shredded lettuce and 1/8 cup salsa to each bag of chips.

4. Serve.

Child Nutrition: 1 Each provides=

2.25 oz meat/meat alternate, 1.25 oz eq grains, 1/8 cup "other" vegetable, and 1/8 cup red/orange vegetable
OR

2.25 oz meat/meat alternate, 1.25 oz eq grains, and 1/4 cup additional vegetables

SLE Components

Amount Per Serving

Meat	3.02
Grain	1.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.20
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	304.61		
Fat	11.66g		
SaturatedFat	4.64g		
Trans Fat	0.00g		
Cholesterol	40.85mg		
Sodium	514.67mg		
Carbohydrates	25.63g		
Fiber	3.06g		
Sugar	2.30g		
Protein	19.09g		
Vitamin A	421.45IU	Vitamin C	3.15mg
Calcium	73.90mg	Iron	1.41mg

5-carrot stick cups



Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL PETITE 4-5 RSS	400 Ounce		768146

Preparation Instructions

Portion out 1/2 cup of carrot sticks and place in a cup for service.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.44
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		46.22	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		78.22mg	
Carbohydrates		10.67g	
Fiber		3.56g	
Sugar		5.33g	
Protein		0.89g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.56mg	Iron	0.32mg

1-Side Salad

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Romaine, Chopped	100 Cup	BAKE	15D44
Shredded Cheddar	100 Tablespoon		
TOMATO CHERRY 11 MRKN	300 Each		569551

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	108.10		
Fat	6.10g		
SaturatedFat	3.52g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	206.25mg		
Carbohydrates	4.25g		
Fiber	0.55g		
Sugar	1.25g		
Protein	8.40g		
Vitamin A	374.70IU	Vitamin C	5.71mg

Calcium 19.50mg **Iron** 0.12mg

F- Fruit Variety

NO IMAGE

Servings:	75.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	5 33/49 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	5 33/49 Each		540005
PEACH DCD IN JCE 6-10 GFS	5 33/49 Cup		610372
Sliced Peaches 6-10	5 33/49 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	5 33/49 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	5 33/49 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	5 33/49 Cup		117897
BANANA TURNING 40 P/L	5 33/49 Each		200999
Sliced Pears 6-10	5 33/49 Cup		100224
Wild Blueberries fzn	5 33/49 Cup		100243
Strawberries, diced, Cups, frozen	5 33/49 Cup		100256
Peaches, diced, cups, Frozen	5 33/49 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	5 33/49 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	5 33/49 Each		544426
Apples, Gala	5 33/49 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	5 33/49		14P36
Pear, fresh	5 33/49		14P12
Oranges, whole	5 33/49 Each		16W62

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.61
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	122.92		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.31mg		
Carbohydrates	30.02g		
Fiber	2.90g		
Sugar	22.24g		
Protein	0.97g		
Vitamin A	148.72IU	Vitamin C	12.88mg
Calcium	12.49mg	Iron	0.78mg